

January 2012



Disability Essex - helping disabled people lead independent lives.

FRANK BRUNO IS A CHAMPION FOR MENTAL HEALTH AWARENESS

The former World Heavyweight boxer Frank Bruno, attended a Mental Health Conference at the Green Centre at Watt Tyler Park last month. Frank was inspirational in his interview and he answered questions from the audience with compassion and humour.

He wanted to promote mental health awareness and described his personal story of experiencing a mental health problem. Frank explained how exercise has been an important aspect of his recovery and in the management of his mental health problem.

Kay Ilott, a Mental Health First Aid instructor and a volunteer, represented Disability Essex at the conference.

Kay commented: *"He was charming and genuinely wanted to help remove the stigma surrounding mental health problems. He has experienced prejudice himself when the press reported his hospitalisation in 2003. I thought he was a good sport to have his picture taken with so many people for charity"*



Kay Ilott & Frank Bruno

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CRB

CRB Special Offer! See page 5

New contact details: ..see the last page for the updated list of contacts, email address and telephone numbers. This newsletter and back copies are available to down load at <http://www.disabilityessex.org/disability-essex-news/>

Essex Outdoors Mersea

Essex Outdoors are looking for adventurous children and young people with disabilities who would like to participate in outdoor activities such as Archery, Aerial Runway, Caving, Canoeing, Climbing, High Ropes, Sailing, Quad Bikes and more!

At Essex Outdoors we are committed to ensuring that children and young people with disabilities achieve as much as possible from their chosen short break opportunities.

We are offering **Activity Days** and **Holiday Overnight Stays** through the Aiming High for Disabled Children programme at our centres in Bradwell, Danbury, Harlow and Mersea.

These opportunities are intended **for groups of children and carers from clubs and organisations in Essex**, with carers participating in these exciting opportunities whilst

Source: email Philip Ager, Wed 21/12/2011

continuing to provide the usual high levels of care and support.



All the activities and instructors will be provided by Essex Outdoors, as well as accommodation and food for the holiday overnight stays. Participants will need to provide their own transport and carers, and a packed lunch for the Activity Days.

Essex Outdoors is also keen to hear from the **parents and carers of individuals** who are not members of a group but who are interested in taking part in Activity Days and Holiday Overnight Stays.

Contact details:
inclusion@essexoutdoors.com
 01245 439399
www.essexoutdoors.org

The Gowrings Mobility Roadshow 2012

Escape the winter blues and lose yourself around and under some of the most iconic aircraft in the world. Get hands on with award-winning interactive exhibitions. IWM Duxford is home to an impressive collection of over two hundred aircraft together with a fine collection of tanks, military vehicles and boats.

Imperial War Museum, Duxford
 10am – 4pm

Tuesday 31st January – Thursday
 2nd February

Free entry for disabled visitors and their carers saving at least £8.70 *

- Eight indoor exhibitions, restaurants and cafes
- Ample free parking
- The Gowrings Mobility events team will be in AirSpace's Conservation Hall



Duxford contains some of the nation's best preserved RAF buildings including three original First World War hangars. Listen to an air raid in the 1940 Operations Room.

Source: email Gowrings Mobility Group Limited, Wed 07/12/2011

Call us on **0845 608 8020** to enter our fantastic VIP visitor prize draw** or for more details

www.gowringmobility.co.uk

*Free entry is valid only between 31.1.12 – 2.2.12

** Entry to the prize draw closes on January 19th 2012. Prize includes chauffeur driven wheelchair accessible transport to and from the Roadshow and lunch at Duxford for two people.

NEW CLASSES STARTING AT DISABILITY ESSEX

TRADITIONAL YANG STYLE TAI CHI CHUAN

Tai Chi Chuan is an ancient Chinese form of co-ordinated body movements, focusing on the cultivation of internal energy called "CHI". Its aim is to harmonize the mind, body and spirit, promoting both mental and physical well-being, through softness and relaxation.

When practiced correctly, the movements of Tai Chi appear rhythmical, effortless and in continuous flow. Through such practice the student becomes revitalised, relaxed, tolerant, self-confident, stronger and healthier in both mind and body. Unlike most forms of exercise and sport Tai Chi Chuan does not rely on strength making it ideal for people of sexes, young and old alike whether strong or weak. With even a small amount of practice you will find beneficial effects to your health.



Beginners and all levels of experience welcome. All age groups catered for.

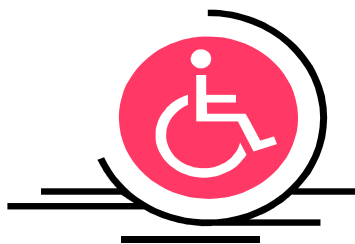
Classes start on 5th January 2012
10am – 1130am.
Disability Essex
Centre for Disability Studies
34 Rocheway
ROCHFORD
Essex

To book your place and for further information, call Jan Banfield on 01702 206634

Source: email, Julie Mills, Tue 13/12/201

Mobility 4u

19a Station Road Westcliff on Sea,
Essex. SSO 7RA



Mobility 4U

Medical Aids and Equipment for hire and sale

Full range of all your mobility needs from wheelchairs to commodes and more, available to hire on short or long term packages, or to purchase and a full aftercare plan as part of our customer service.

Tel 01702 339880 or 07770 601009

email mobility4ushop@gmail.com

Government Disability Strategy - Fulfilling Potential

The Government is launching a discussion paper for a new disability strategy called 'Fulfilling Potential' and is inviting disabled people to contact them.

This will build on Choice and Control and Independent Living and will look at a number of issues, many of which we have discussed at planning group meetings, including employment, transport, discrimination/Hate Crime, barriers (including communication), special educational needs, service providers and Transitions.

For more information visit the link below:

<http://odi.dwp.gov.uk/odi-projects/fulfilling-potential.php>

Source: email, Joanna Wanmer Community Engagement Co-ordinator, Tue 13/12/2011

Training Room Hire - Fees and Charges



Charities £50 per half day session
 £100 per full day

Cancellation Fee

The room hire charge will become payable in full if insufficient notice of cancellation (five working days) is not given.

The training room can be arranged to seat up to 50 people.

The use of our Smart Whiteboard is perfect for making presentations more user interactive and therefore your keeping your audience's attention.

The training room is perfect for seminars and functions alike.

Refreshments

£2.50 per person per half day session - 2 x drinks (tea or coffee) plus biscuits

Cold buffet-style catering can be arranged at an extra supplement of:

- Option 1 - £6.50 per person - assorted sandwiches and crisps and cake
- Option 2 - £8.50 per person - assorted sandwiches, crisps, cake and fruit
 (Vegetarian and vegan requirements must be notified at the time of booking)

Danish pastries can be arranged at a cost of £1.50 each, requirement must be notified at the time of booking.



CRB



Breaking news

For the next three months, we are able to offer our CRB service for people volunteering for our Member Clubs for

FREE

and for paid employees the bargain price of

£44

To take advantage of this great offer contact:

Kay Ilott at kay.ilott@disabilityessex.org
or

Julie Mills at
julie.mills@disabilityessex.org

Fulfilling Potential

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There is a link below, which leads you to information, including the full discussion paper, BSL Summary video link, Audio MP3 files and an Easy Read paper. This is also available in Braille if requested.

You can also contact the Disability Strategy Team by phoning the switchboard on 020 7340 4000.

<http://odi.dwp.gov.uk/odi-projects/fulfilling-potential.php>

Tickets £ 8-00



**February 12th Civic Theatre
4 - 6 pm**

Box Office 01245 606 505

**Chelmsford Community
Showcase**



Disability Essex

Disability Essex
Centre for Disability Studies
34 Rocheway
ROCHFORD
Essex

Phone: 0844 412 1771
Fax: 0844 8800 614
Helpline: 0844 412 1770
E-mail: info@disabilityessex.org
Website: www.disabilityessex.org

Charity Reg. No.: 1102596
Company Reg. No.: 4980118



www.disabilityessex.org

Making Contact

Interim CEO

p.thornton@disabilityessex.org

PA to interim CEO/Office Manager

julie.mills@disabilityessex.org

Accounts

hayley.meagher@disabilityessex.org

Club and Group Support

genine.rolfe@disabilityessex.org
info@disabilityessex.org

Helpline

helpline@disabilityessex.org

Newsletter Editor

claire.bergin@disabilityessex.org

Date For Your Diary

Shoebury Fair 2012
Saturday 16th June 2012

For more information contact:

01702 292286 x181/182

Date For Your Diary

Disability Essex is running a Digital
Switchover Awareness day here at
the Centre which starts at 10am on
January 17th 2012.

To book your place call
Julie: 0844 412 1771

Please note that all responsibility for adverts within this publication is between the buyer and the seller. Disability Essex can accept no liability for equipment advertised.

We wish to remind all wheelchair users that there is a recommended wheelchair "Highway code", copies of which we can supply on application. Furthermore, Class 3 Invalid Carriages must be registered with the DVLA.